

Aids for leaders in the
1945
HOME CANNING
PROGRAM



*"I ask the millions of
women who have preserved
food at home . . . to carry on
until the war is won."*

Franklin Delano Roosevelt

From a statement made Jan. 23, 1945



WAR FOOD ADMINISTRATION

Starting Points ...

for promoting home canning in 1945

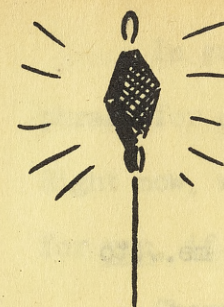
* **THE NEED** is greater than ever before . . . There will not be enough commercially-canned fruits and vegetables to meet civilian needs next winter.

* **THE GOAL** is to persuade every homemaker who has fresh foods available to preserve what her family will need at home.

SUGGESTIONS FOR DOING THE JOB

Newspapers, radio stations, clubs, schools, churches, and other local groups will provide you with ready-made channels for reaching your audience. Plan to use them all in your community, so that everyone within reach of public information will know the importance of home food preservation this year.

Your appeal to preserve food at home is an urgent



for the RADIO SPOT ANNOUNCEMENTS

Ladies, when you can fruits and vegetables at home, do you make sure that they're fresh as a sailor's whistle?

The U. S. Department of Agriculture reminds you that it's important to can freshness...because the fresher the food, the better-looking, better-tasting canned product it makes...and the better its chances to keep. When you can freshness, you can more food value for your family, because you capture more of

★ The FACTS . . .

about the need for home canning
about sugar for canning
about canning last year

★ For the PRESS . . .

sample news releases
background material for feature stories

★ For the RADIO . . .

sample scripts
spot announcements

★ PROMOTION IDEAS . . .

local programs that "took"

★ MATERIALS to help you . .

booklets for canners
movies
poster
ads
•

Starting Points...

for promoting home canning in 1945

- * THE NEED is greater than ever before . . . There will not be enough commercially-canned fruits and vegetables to meet civilian needs next winter.
- * THE GOAL is to persuade every homemaker who has fresh foods available to preserve what her family will need at home.

SUGGESTIONS FOR DOING THE JOB

Newspapers, radio stations, clubs, schools, churches, and other local groups will provide you with ready-made channels for reaching your audience. Plan to use them all in your community, so that everyone within reach of public information will know the importance of home food preservation this year.

Your appeal to preserve food at home is an urgent war message, and public information services will usually be willing to help you carry it. However, the amount of time or space they will give to your program will depend upon how interesting and newsworthy are the activities you plan for your own community.

Several programs which provided good publicity in community programs last year are described in this kit. You may want to adopt some of them as they are — or they may inspire you to work out even more effective ideas of your own.

Items in this kit will help you use the principal channels available to you for promoting home canning in 1945. They may be used in their present form, rewritten to suit your local needs, or given to editors, radio program directors, and organization leaders as background information.

WHEN YOU GO TO SEE YOUR EDITOR

The things people do in your home town make news. Your editor will want to know about plans for local action. Supply him with announcements of meetings, names of leaders.

Outlines of news stories included in this kit may suggest kinds of meetings you may want to hold....as well as help you in reporting them to your newspaper.

Good pictures add life to news stories, and most newspapers welcome them. A layout of home-canning pictures which you may offer to editors is included in this kit. However, pictures of local people and local events will have more news value to your paper. Newspaper staff photographers, other local photographers, and county agricultural officers are sources for getting pictures taken.

Women's page editors will often use stories about canning methods, with pictures to illustrate them. . . . Columnists and editorial writers may be interested in background facts which show the need for canning this year. . . . Feature writers may accept stories about successful home canners, similar to those included in this kit. It is a good plan to offer materials which can be used in several of a newspaper's departments.

WHEN YOU GO TO SEE YOUR RADIO PROGRAM DIRECTOR

As in the case of newspaper editors, radio program directors will want to know your plans for a community program. Often they will take part in your planning, will sponsor contests and other promotion stunts that make news, and will usually give time for your local broadcasts.

The director of women's programs, more than any other member of a station staff, will be interested in your community plans. She will want facts about the need for canning, stories about local canners, and news about all your activities. Keep in touch with her throughout the canning season, and let her guide you in developing your radio broadcasts for women.

Local groups which have regular broadcasting periods may be willing to invite a guest to discuss home canning. . .or to announce canning events. . .or even to sponsor parts of your program throughout the canning season.

The sample scripts included in this kit may suggest topics for locally-prepared scripts, may be used as they are, or may be adapted to your needs.

WHEN YOU GO TO SEE YOUR LOCAL GROUP LEADERS

Nutrition classes, cooking schools, and canning demonstrations are standard and reliable avenues for carrying home food preservation messages to groups of women.

In addition, there are many organizations which would be willing to have the needs for canning presented to their members. Local civic clubs, church groups, and labor union auxiliaries are only a few examples. The national headquarters of many of these organizations have offered cooperation in the 1945 home canning program. Their locals in your community may be willing to have speakers appear at their meetings. . .to show motion pictures or slide films on food preservation. . .to put up a poster or a display in their meeting rooms. . .to announce canning events to their members. . .or, in some cases, even to act as sponsor for the promotion of home canning in your community.

A list of motion pictures and slide films available for showing to groups is included in this kit.

A poster and samples of printed materials which may be ordered from the U. S. Department of Agriculture, Washington 25, D. C., are also included.

The Facts

about HOME FOOD PRESERVATION *in* 1945

Revised February 19, 1945
War Food Administration
U. S. Department of Agriculture

Home canners in the coming season face the challenge of at least matching their efforts in 1944, when they accounted for nearly half of the total civilian supply of canned vegetables and two-thirds of the canned fruits available to civilians. Nearly 25 million households put up an estimated 3,400,000,000 quarts of home preserved food—in addition to record commercial production.

The urgent need for home food preservation is emphasized by the fact that military requirements for commercially canned foods have been advancing rapidly. Of the principal vegetables, the amount set aside for war use jumped from 25 percent of the pack in 1943-44 to 41 percent in 1944-45 and now to 48 percent in 1945-46. While there is a slight drop in the amount of canned fruits required to be set aside from the 1945-46 pack, production is expected to drop somewhat more, thus leaving less for civilians—about 22,700,000 cases from the 1945-46 pack compared with 23,800,000 cases from last year's pack.

Because of heavy military requirements, coupled with strong civilian demand arising from larger wartime incomes, the supply of commercially canned fruits and vegetables available to civilians is now less than at any time during the war. In the current pack year, civilian supplies of canned fruit are only about half of pre-war (the 1941 pack year), with canned vegetables down more than one-third.

It now appears that there will not be enough of most commercially canned fruits and vegetables available to meet civilian demand in 1945, no matter when the war in Europe ends.

HOME CANNING ACCOUNTS FOR SUCH A LARGE SHARE OF CIVILIAN CANNED GOODS THAT THERE MUST BE NO LET-UP UNTIL AN ADEQUATE SUPPLY IS ABSOLUTELY CERTAIN. HOME CANNING IS ONE OF THE NATION'S MOST IMPORTANT WARTIME PROGRAMS ON THE HOME FRONT IN 1945.

Sugar for Home Canning

Sugar supplies today are feeling the real pinch of a long war. Last year civilians used 6,100,000 tons (including industrial use)....about 700,000 tons more than we could afford. This year if we are to live within our quota of 5,400,000 tons....and if each American family is to be assured of a fair share of that quota, tighter rationing is necessary. Amount of sugar allocated for home canning is the same as last year—about 700,000 tons....but this year we cannot use more.

The new rationing regulations are designed to protect those who actually do home canning by seeing that they get their fair share of the home canning sugar.

Canning Equipment

Pressure canners are essential to can vegetables other than tomatoes. Manufacture of 630,000 has been authorized for 1945, compared with 400,000 in 1944. This year's canners will not be rationed and will be available through regular commercial channels.

Containers and closures are expected to be in adequate supply in 1945. There are no restrictions on their manufacture, and a considerable inventory is left over from 1944. It would appear that the three-piece glass lid type of seal will be replaced with the two-piece metal lid or the zinc p/L Mason cap. Jar rings will probably again be made of synthetic and reclaimed rubber, but an effort is being made to improve their quality.

Community freezer lockers will total about 1-3/4 million by mid-year. They provide an economical and highly satisfactory method of preserving food.

Community Food Preservation Centers

Food preservation centers, now established in approximately 6,000 communities, have two great advantages: (1) more families have the use of scarce equipment such as the large size pressure canners, and (2) availability of trained supervisors to teach approved methods.

Home demonstration agents or local teachers of vocational agriculture will help establish canning centers on request by sponsors such as local governments, schools, civic clubs, and similar organizations. The canning project can well be tied in with a school lunch program.

Points to Stress

1. Home canning is a wartime necessity — essential for the Nation's supply of canned fruits and vegetables and essential for each family to make sure of having foods needed for health at any time during the year.
2. Economy, the saving of precious food, can be accomplished by preserving fruits and vegetables when they are plentiful for use when they are scarce.
3. Better meals the year round can be achieved by home preservation of fruits and vegetables—nutrition standards call for at least four and, if possible, six to seven servings of fruits and vegetables every day.
4. Victory Gardening is the starting point for home canning — plan your canning budget when you order your garden seeds. The Department of Agriculture or the State Agricultural Colleges can advise you how to plan for your gardening and canning together.
5. Efficiency, using the best methods, is the only way to preserve food at all. Naturally you want to do your canning safely, without explosions or spoiled food. Naturally you want to get the most food value out of your efforts. Naturally you want to know the best ways to dry, freeze, pickle, brine, or store foods—as well as canning. So get expert advice from your local nutrition committee, home demonstration agent, State Agricultural College, or the Department of Agriculture, Washington, D. C.

Publications

Free bulletins can be obtained from State Colleges of Agriculture. The following may also be ordered from the Office of Information, U. S. Department of Agriculture, Wash. 25, D.C.:

Home Storage of Vegetables and Fruits —
Farmers' Bulletin 1939
Home Canning of Fruits, Vegetables—AWI 93
Home Canning of Meat — AWI 110 (available
around March 15, 1945)
Take Care of Pressure Canners — AWI 65
Over Drying — AWI 59

Preparing Home Grown Vegetables and Fruits
for Freezing — AWI 100
Freezing Meat and Poultry Products for Home
Use — AWI 75
Preservation of Vegetables by Salting or
Brining — Farmers' Bulletin 1932
Pickle and Relish Recipes — AWI 103
Curing Pork Country Style — AWI 108

Motion Picture

Canning the Victory Crop: 2 reels, 16 mm., sound, kodachrome. U. S. Department of Agriculture adaptation of film originally produced by Good Housekeeping Institute. May be borrowed free or bought (cost approx. \$70.00). Address applications to Motion Picture Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

EMERGENCY CUT

In Canning Sugar Ration

Due to a sharp reduction in sugar supplies, an emergency cut in the amount of sugar to be available for home canning was announced on May 1, 1945.

Under the new provisions, the total amount of sugar allocated for home canning has been dropped from 700,000 tons to 600,000 tons. The maximum amount which may be allowed to an individual will be 15 pounds, instead of the 20-pound maximum announced earlier this year. The top quantity which any family may receive will be 120 pounds, as compared to the previously-announced 160-pound family maximum.

CORRECT THE FIGURES WHERE THEY APPEAR — The information materials in this kit were printed before the emergency cut was made. Canning leaders should, therefore, be sure that the up-to-date figures are inserted wherever the earlier figures are used.

MATERIALS OTHERWISE ACCURATE — Except for these three figures, however, the materials in this kit which deal with sugar for home canning are correct. They should be used as widely as possible to promote an understanding of the rationing rules governing home-canning sugar.

WHAT THE SUGAR CUT MEANS TO THE CANNING PROGRAM — The need for home canning continues to be more urgent than ever, despite the unavoidable reduction in our sugar supplies. Canning leaders can perform a real and patriotic service by encouraging homemakers to meet the needs of our nation for home canning this year, even though their sugar rations must necessarily be limited. Some of the materials in this kit will be found helpful for this purpose.

the FACTS about SUGAR for home canning in 1945

The aim of the 1945 canning sugar rationing program is to bring a fair share of 700,000 allotted tons to each woman who is going to do canning. Here are the important points she needs to know:

Application for all canning sugar is made to the War Price and Rationing Board, either by mail or in person. The Boards will issue sugar according to actual home-canning needs.

No stamps in ration books will be validated for canning sugar this year.

A maximum of 20 pounds of canning sugar per person may be issued -- but no more than 160 pounds per family, even if there are over eight in the family group.

Spare Stamp No. 13 from War Ration Book 4 -- one for each member of the family for whom sugar is requested -- should be attached to the canning-sugar application.

Families who need sugar for canning should apply on form OPA R-341, which they can get from their local War Price and Rationing Boards. One application may be used by a family.

Applications for home-canning sugar will not be accepted after October 31, 1945. OPA district offices will announce the dates when issuance of coupons will begin and end in each area. These dates will be related to the canning season in the area. In no case will more than two applications be accepted from any family.

Figure Your Sugar Needs

Canning sugar needs are estimated according to the total amount of fruit the family will can. Figure one pound of sugar for each four quarts of fruit.

Within the maximum, not over 5 pounds will be allowed per person for jellies, jams, preserves, pickles, relishes and curing meats.

The War Price and Rationing Board will determine the amount of sugar it can issue to each applicant under the regulations and will issue canning sugar coupons good for one pound or five pounds. These may be spent in any store. The five-pound coupons will be good until November 30, 1945, and must be endorsed on the face with name and ration book number.

Home Canning for Sale

For the person producing home canned foods for sale, no more sugar will be allowed than was used for this purpose during 1944.

Sample Application Form

The sample form attached to this Fact Sheet may be used to show groups how to fill out canning-sugar applications.

THERE'S ENOUGH SUGAR

IF —

The 700,000 tons of sugar allocated for home canning in 1945 is enough to permit home canners to break all previous food preservation records, provided —

- (1) All food preservation sugar is used for that purpose, and
- (2) Home canners stay within the amounts recommended by the Department of Agriculture and used by the Office of Price Administration as a basis for figuring sugar needs.

The food experts of the Department of Agriculture suggest that the home canner, to get the best use of her sugar, vary the four-to-one canning ratio somewhat according to the fruit she cans. Sour fruits may demand, and get, more than the average sugar, while very juicy and sweet fruits can take short rations on sugar. Such individual adjustments may be worked out by the housewife.

Honey may be used to replace as much as half the sugar called for in canning; or corn sirup may replace as much as one-third. If necessary, fruit may be canned entirely without sugar. Sugar helps canned fruit hold its shape, color, and flavor. But sugar isn't necessary to keep fruit from spoiling. Unsweetened fruit is processed in the same manner as sweetened. Details are given in USDA pamphlet, "Home Canning of Fruits and Vegetables," AWI-93.

Although no sugar is specifically issued for putting up vegetables, sugar for chili and catsup may come out of the five-pound-per-person jelly-jam allowance. Recommended amounts of sugar for jams, jellies, preserves and fruit butters are found in Farmers' Bulletin No. 1800; for catsup, chili sauce, pickles and relishes in USDA leaflet, "Pickle and Relish Recipes," AWI-103.

(All of the pamphlets referred to here may be obtained free from the U. S. Department of Agriculture, Washington 25, D. C.)

WE MUST GET ALONG WITH LESS SUGAR THIS YEAR BECAUSE —

- (1) Military needs are high. Each soldier actually consumes twice as much sugar a year as the average civilian now receives.
- (2) Ships which otherwise might be bringing sugar into the United States are hauling supplies to the battle fronts.
- (3) Manpower is scarce at sugar refineries and shipping ports.
- (4) Beet sugar production last year was 500,000 tons short, making the stock of sugar smaller for this year.
- (5) Last year many people over applied for canning sugar. We used so much sugar that stocks at the beginning of this year were abnormally low.

**DO NOT APPLY FOR MORE SUGAR THAN YOU ACTUALLY NEED FOR HOME CANNING.
HELP MAKE OUR WAR SHORT SUGAR SUPPLIES LAST ALL YEAR.**

Do not detach)

OPA FORM R-341
(2-45)

FORM APPROVED
BUDGET BUREAU NO. 08-R1290

This Form May Be Reproduced Without Change

UNITED STATES OF AMERICA
OFFICE OF PRICE ADMINISTRATION

**1945 APPLICATION FOR
HOME CANNING SUGAR ALLOWANCE**

PURSUANT TO SECOND REVISED RATION ORDER 3

NAME OF APPLICANT

ADDRESS - NUMBER AND STREET OR RURAL ROUTE

CITY, POSTAL ZONE NUMBER, STATE

TELEPHONE NO.

Applicant must list names below, including names of persons in "family unit" for whom he is applying.

INSTRUCTIONS

Fill out this form to apply for sugar for home canning. You may apply on this form for yourself, and members of your "family unit." (A "family unit" consists of all persons related by blood, marriage, or adoption, who regularly reside in the same household.) An operator of a Group I Institutional user establishment may make application only for himself or his "family unit." Boarders at that establishment, not members of the same "family unit," must file separate applications if they need sugar for home canning. Upon completing this form mail or take it to your War Price and Rationing Board.

*ESTIMATE YOUR HOME CANNING NEEDS CAREFULLY AND APPLY
ONLY FOR AS MUCH SUGAR AS YOU ARE SURE YOU WILL NEED.*

The Rationing Board will determine the amount it can issue to you under the Regulations. In no case may it issue for the entire season more than twenty (20) pounds of sugar per person, nor more than one hundred sixty (160) pounds per "family unit," even though the "family unit" may consist of more than eight persons.

Any additional application must be made to the same Board where the original application was filed, but not more than one additional application may be made.

Any sugar obtained through this application is to be used for home canning and preserving only and must not be used for any other purpose.

Attach Spare Stamp No. 13 from War Ration Book Four of each person for whom application is made. No application will be approved unless those stamps are attached to it, or unless a previous application with the stamps attached is on file.

1
2
3
4
5
6
7
8

PIN OR CLIP
IN THIS SPACE
SPARE STAMP
NO. 13 FROM
THE WAR
RATION BOOK
FOUR OF
EACH PERSON
LISTED

Total pounds applied for _____ lbs.

Total number of persons in your "family unit" _____

NOTICE: SECTION 35(A) OF THE UNITED STATES CRIMINAL CODE MAKES IT A CRIMINAL OFFENSE, PUNISHABLE BY A MAXIMUM OF 10 YEARS' IMPRISONMENT, \$10,000 FINE, OR BOTH, TO MAKE A FALSE STATEMENT OR REPRESENTATION AS TO ANY MATTER WITHIN THE JURISDICTION OF ANY DEPARTMENT OR AGENCY OF THE UNITED STATES.

CERTIFICATION

I CERTIFY that the statements made by me in answer to the questions on both sides of this application are correct to the best of my knowledge; that all the persons listed in this application are members of my "family unit" and that we live at the same address shown on this application.

I further CERTIFY that any sugar granted as a result of this application will be used only for the purpose for which issued.

SIGN
HERE

(Name of applicant)

(Date)

(Also fill in opposite side)

Applicant will print or type below his full name and complete mailing address

NAME _____

ADDRESS _____

(Number)

(Street, R. F. D., or Gen. Delivery)

CITY, POSTAL
ZONE, STATE _____

READ BEFORE USING FIVE POUND HOME CANNING SUGAR COUPONS

Before the attached coupons are used for the purchase of sugar for home canning, you or any member of your "family unit" listed on the application must sign each home canning coupon (OPA Form R-342). The person signing must enter the serial number of his War Ration Book Four thereon.

For the purpose of identification, it will be necessary for the signer to take his War Ration Book Four with him when he purchases the sugar.

These coupons are not transferable.

(Do not detach)

AMOUNT OF SUGAR ALLOWED FOR HOME CANNING

- A - A maximum of one pound of sugar will be allowed per four quarts of finished canned fruit or fruit juice.
- B - A maximum of five pounds of sugar will be allowed per person for use in making any or all of the following: jams, jellies, preserves, marmalades, and fruit butters from fruits; for canning vegetables; making pickles, relishes, catsup, mince meat, etc., and for curing meat. However, no more than forty (40) pounds per "family unit" will be allowed.

ANSWER ALL THE FOLLOWING QUESTIONS

1	Have you or any other member of your "family unit" applied for sugar for home canning since January 1, 1945, for any of the persons for whom this application is made?	YES <input type="checkbox"/> NO <input type="checkbox"/>
If answer is "Yes," state name of person who made the application		
2	How many pounds of sugar did you use in 1944 for making jams, jellies, etc., listed in B above?	_____ lbs.
2a	How many pounds of sugar will you use in 1945 for making jams, jellies, etc. (see B above)?	_____ lbs.
3	How many quarts (or equivalent) of finished canned fruit did you can with sugar in 1944?	_____ qts.
3a	How many quarts (or equivalent) of finished canned fruit will you can in 1945?	_____ qts.
		Divide by 4 (See A above) _____ lbs.
4	How many pounds of sugar did you use for canning fruit in 1944?	_____ lbs.
5	How many pounds of sugar did the Board grant you for home canning and preserving in 1944?	_____ lbs.
6	Do you grow your own fruit?	YES <input type="checkbox"/> NO <input type="checkbox"/>

DO NOT WRITE IN SPACE WITHIN HEAVY LINES

DATE

BOARD NO.

COUNTY AND STATE

☐ DISAPPROVED

APPROVED FOR _____ POUNDS FOR PRESERVING

FOR _____ POUNDS FOR CANNING

TOTAL APPROVED _____ POUNDS

SIGNATURE OF BOARD
OR PANEL MEMBER

SIGNATURE OF
BOARD CLERK

DATE ISSUED

The following estimates may be used as a basis in determining the approximate number of quarts of finished product obtainable from a stated amount of raw fruit.

FRESH FRUIT	UNIT OF MEASURE	APPROXIMATE CANNING YIELD IN QTS. PER UNIT OF MEASURE
Apples	48 lbs. to bu.	20 qts.
Peaches	48 lbs. to bu.	20 qts.
Pears	50 lbs. to bu.	24 qts.
Plums	56 lbs. to bu.	28 qts.
Apricots	48 lbs. to bu.	18 qts.
Grapes (for juice)	48 lbs. to bu.	18 qts.
Cherries	32 qts. to bu.	20 qts.
Blackberries	24 qt. crate	16 qts.
Red Raspberries	24 qt. crate	15 qts.
Black Raspberries	24 qt. crate	16 qts.
Strawberries	24 qt. crate	12 qts.

the FACTS

about HOME CANNING LAST YEAR

The findings of a recent survey on home food preservation in 1944 (Bureau of Agricultural Economics) reveal many significant facts which can be used to promote home food preservation in 1945.

* HOW MANY PRESERVED FOOD IN 1944?

About 25,000,000
Households

Seven out of every ten households in the nation -- or about 25 million households -- preserved fruits and vegetables in 1944....chiefly by canning, to some extent by dehydrating or drying, freezing, brining, and other methods. The total amount of fruits and vegetables preserved in American homes last year -- and this does not include fruits and vegetables stored fresh in cellars, pits, and trenches -- comes to about three and a half billion quarts...a sizable contribution to the nation's food stores.

* WHO DID MOST OF THE PRESERVING?

Farm vs.
Non-farm

In proportion to their numbers: More farm housewives than non-farm housewives; more small-town housewives than city housewives; more older housewives than younger ones; more of those with home gardens than of those without gardens; more of those with large households than of those with small ones.

* HOW MANY HAVE BEGUN PRESERVING SINCE THE WAR?

One in seven has
been preserving
four years or less

One out of every seven housewives who did preserving in 1944 first began preserving food some time within the previous four years. Six out of seven were doing preserving before that time. More of the newcomers are in the non-farm group.

* WHY DID THEY PRESERVE FOOD IN 1944?

Farm women
usually do ...
1/4 of new city
preservers offset
rationing

Since preserving is done in 94 out of every 100 farm households, it would seem that it is traditional among farm women. When the new preservers in farm households are asked their reason for beginning to preserve, their answers are likely to be, "because we like to have the stuff on hand," "to have vegetables in the winter time," "to use up what we grew in the garden," and so on, rather than reasons

reflecting war-time conditions.

But in the cities and towns, one out of every four new preservers says she began because she hadn't enough ration points to meet the family needs for canned goods,

and others say they began when they couldn't buy what they needed. Ten percent of the new non-farm preservers say they began because they wanted to help the national food situation.

* WHAT KEEPS SOME PEOPLE FROM PRESERVING FOOD?

Lack of
time

In three out of ten households, no foods were preserved last year. The most common reasons given by non-preservers are: lack of time; expense; illness; old age. Among city housewives, lack of storage or work space is a fairly common reason. About one housewife in fifteen says she doesn't can because she doesn't know how. Only three percent say anything about the sugar shortage, only four percent mention lack of equipment.

* WHAT FOODS WERE PRESERVED?

Tomatoes, fruits,
jams, and jellies

Tomatoes, fruits, and jams and jellies were the items most commonly preserved last year. In farm households, beans, corn, peas, and pickles and relishes were very popular also.

* HOW MANY USED COMMUNITY CANNING CENTERS?

Five times as
many would like
to attend as
attended last
year

About two-thirds of the people who preserved food last year had heard of community canning centers, but housewives from only two percent of the non-farm households of the nation and from eight percent of the farm households--or four percent of all the households--had attended them.

When those who had done some preserving were asked whether they would attend centers next year if they were available, nearly twenty percent of both farm and non-farm canners indicated an interest in doing so. They gave as their reasons: (a) a center would give them better information than they might get otherwise; (b) canning at a center would reduce the amount of work involved; (c) the center would provide better equipment than they could have at home.

Those who said they weren't interested in attending gave these reasons: (a) working at home is more convenient; (b) going to a center takes more time; (c) the amount of preserving done in the household is too small to make attendance at the center worth while; (d) home preserving has always been successful for them; (e) transportation would be difficult or unavailable.

* WHAT ARE HOME FOOD PRESERVING PLANS FOR 1945?

About same
number plan
to preserve

About the same number of households are planning to preserve food in 1945 as did preserving in 1944. There is a sizable group of people in addition, however, who are undecided about whether or not they will do any preserving. If sufficient publicity about the importance of home preserving reaches these undecided people, and if preserving aids and advice can be made available and attractive, it may be that they will increase appreciably the amount of food preserved this year in the homes of the nation.

PROMOTION IDEAS

--- from local programs that "took"

Canning Caravan

A canning caravan--A Red Cross mobile kitchen outfitted for giving canning demonstrations was used by the Baltimore Nutrition Committee. The demonstrations were given by authorized Red Cross nutrition instructors, assisted by canteen workers. Members of the Motor Corps drove the caravan. By the use of this caravan, information was taken to remote neighborhoods, reaching homemakers who could not attend more formal meetings. Printed leaflets on food preservation were distributed and many individual questions on preservation answered.

In order to reach groups, handbills describing the caravan were distributed to interested organizations. Nutrition chairmen of the Red Cross zones were asked to organize the meetings.

"Jar-of-the-Month" Contest

In Missouri, a number of counties kept up their interest in canning by choosing "the jar of the month." In Caldwell County, the home demonstration agent kept a regular spot in a store window through the canning season for the jar of the month. Excellent posters and a good background for the jar helped make the exhibit valuable, as did comments run by the local paper as to whose jar of what was in the exhibit each week, and how the food in it was preserved.

Canning Aides

In Pemiscot County, Mo., canning aides were appointed for each of the 64 neighborhoods in the county. They were given special training in canning methods and then were given up-to-date material to help in answering questions. A survey showed that the average number of quarts canned per person jumped from 27 to 75 under the impetus of this program.

Department Store Booth

The La Crosse County, Wis., Nutrition Committee, with the home demonstration agent as chairman, had a "food-preservation booth" in a prominent place in a large department store. Started as an experiment for a week, there was so much interest shown that the booth was manned for three weeks. Six home economists and the agent kept the booth open from 1:30 to 4:30 each afternoon. The store provided signs, "Conserve for Victory" and "Get your information here," for the four sides of the booth. On display were types of canning equipment including a pressure cooker, a waterless cooker, various types of jars and lids, and equipment for sulphuring apples. A display of canned food consisted of non-acid vegetables, tomatoes, strawberries, and sulphured apples. During the three weeks, more than 600 visitors stopped to ask questions, and of those, 400 signed their names in the record book and asked for printed information. The local newspaper carried three different news articles about the booth.

Food Preservation Workshop

A food preservation workshop was held in the farmers' market of Flint, Michigan. The four-day program included training in the canning of green beans, tomatoes; boning of beef and chicken and canning of beef and chicken. One day was devoted to dealing with the problems of community canning centers, such as adjusting and repairing equipment, making out scheduling forms, records and discussions of management. The workshop was presented by the Food Preservation Committee, the Michigan Office of Civilian Defense, War Food Administration, and the Flint Defense Council.

School Lunch Canning

In Dryden, New York, one of the local gardeners planted extra tomato plants for the school lunch. When they were harvested, the school principal invited several of the children's mothers to help the home economics teacher can them. The invitations were gladly accepted.

Panel of Experts

"Information, Please" on the preservation of food at home, was the subject of a meeting of the Tompkins County Nutrition Committee in Ithaca, New York. Members of the panel consisted of a local bacteriologist, the home demonstration agent, and some of the best canners in the county. Questions from the audience ranged from canning without sugar to pasteurizing fruit juices, using oil jars for canning, and treating smelly rubber rings.

Food Spoilage Clinic

A food-spoilage clinic aroused a great deal of interest in canning problems in South Dakota. Spoiled canned tomatoes, off-colored chunks floating in a murky liquid, made up Exhibit A at the clinic. Microscopic slides showed enlarged views of the yeast, molds, and bacteria at work in the tomatoes. Test-tube samples measured the acid and gas content and showed the decomposed condition of solids and liquids.

Twenty-two jars of spoiled food were exhibited. The clinic revealed the need for emphasis on careful selection of jars and the correct use of jar closures, plus ability to follow directions in the use of a pressure cooker.

Information Booth in Market

Thousands of Michigan housewives received information on improved food-preservation methods during the past summer and early fall at the information booth set up at the Detroit Eastern Farmers Market. Every Saturday, Mrs. Ruth Code, war food preservation assistant in Detroit, was in the booth to help market customers who were puzzled over various food-preservation problems. She immediately attracted an enthusiastic and attentive audience. She learned that shoppers had many questions to ask.

Armed with U. S. Department of Agriculture and State bulletins on canning, she counseled from 75 to 100 women every Saturday. Such subjects as jars, closures, temperatures, and preparation of fruits and vegetables were discussed with shoppers. Based on the questions most commonly asked, a "food chats" letter containing practical hints on food problems was distributed among those who visited the booth.

Local Group Assistance

In Siskiyou County, Calif., the county librarian assisted the war emergency food preservation assistant to locate key women in the rural communities where there are branch libraries by inviting the assistant to make a tour of the county with her to meet the library custodians. It was through these contacts that a number of groups became interested in the food-preservation program.

The county health nurse assisted in the various rural communities by telling people where they could get information on canning problems.

The PTA presidents and the Greenhorn Grange helped by inviting the food preservation assistant to appear on their programs.

The Red Cross nutrition chairman arranged for a demonstration in canning for a group of home economics teachers, to bring them up to date on methods of food preservation so that they might serve as volunteer trainers for adult groups.

Store Exhibits

In Connecticut, the months of July and August seemed to be those when most Victory Gardens were in peak production and the time when commercially-grown produce is at the right quality and price for canning and, therefore, the time to call attention to methods of canning. A member of the War Council canvassed stores to see if the management would be willing to set up some kind of exhibit calling attention to the fact that certain products were "good buys" at that time for canning. A sample kit including three posters and exhibit of glass jars and closures was used to sell the idea.

Preservation Budget Card

A food-preservation budget card was used successfully in Alabama. The card showed the amount of food to be canned and stored for one person and how to plan for the family. Leaders received training in using the score card in group meetings in 67 counties.

At these meetings, leaders figured how much they needed to grow, or buy, and can to feed their own family adequately for one year, and at the same time discussed the economic and health value of an adequate diet. Older boys and girls were specially invited. The leaders, in turn, promised to explain the score card to their neighbors, encouraging them to put their canning on a budget basis.

4-H Clubs used the canning budget idea, planning the canning for their own families, and then doing the canning themselves.

Canning Club or Co-op

The Jerome Canning Club in Jerome County, Idaho, was organized in 1937 to serve eleven farm families who wanted to buy and share the use of home-canning equipment. The members now own and use pressure cookers, sealers, and other equipment.

Canning Bee

A cape Cod, Mass., woman set a new style for wartime living when she invited some of her neighbors to her home for a "canning bee." Each of the women brought along some food to can, and all worked together. Each helped the other and all shared the canning equipment. By sharing labor and equipment, the women said they accomplished a lot that day, and also enjoyed getting together and talking. They planned similar canning bees later in the year, when other foods came in season.

- I. Help young people to establish a goal in food preservation, so that they may produce for victory, save for freedom, conserve to stretch the food supply.
- II. Enlist each member of the group to participate in planning a canning budget in keeping with family needs.
- III. Show the group the important steps in canning such products as tomatoes or rhubarb.
- IV. Plan activities to stimulate interest in food preservation, such as:
 1. Songs set to popular tunes like --

"Rows and rows and rows of jars
On the pantry shelf
They'll keep me fit
To do my bit
I canned them all myself." (To the tune of Row, Row, Row Your Boat.)
 2. Rhymes as they work --

"No ration points
No doctor's bill
If quarts one hundred
We will fill."
 3. Games -- true and false questions involving canning, drying and freezing principles.
 4. Short plays that young people often write themselves to illustrate how to get ready to can.
 5. Candle or fire lighting ceremony dedicated to food preservation.
 6. Visits to a freezer locker plant or other food preservation plant in community.
 7. Exhibit books containing good information about canning, freezing, and storing food.
 8. Movies -- color and sound films available, showing food preservation methods. Show in home economics classes, clubs, youth meetings, at once.
- V. Provide for exhibits showing:
 1. How to make a water bath --

(a) Use kettle deep enough to allow 3 inches of water over top of jar (example, white enamel pail).

(b) Must have lid that fits well.

(c) Must have a rack on which to rest jars:

Example -- Use 2 old license plates

Hardware cloth

A rack made from wood (not pine because the pitch gets all over jar).

2. Posters -- (made by school art department, 4-H Club members, Scouts, Camp Fire and other) showing:

(a) Canning budget.

Show varieties of fruits and vegetables and quantity involved, based on family needs.

(b) Indicate how many pounds or quarts of fruits and vegetables are needed to fill one quart jar.

VI. Have a State or local honor roll at the end of summer posted which shows names of boys and girls who canned 100 quarts of fruits and vegetables properly. Locate it near to the names of the boys and girls in service.

VII. Hold meetings through the canning season. Invite specialists to present demonstrations or have outstanding demonstration teams present food preservation methods. Answer questions regarding difficulties encountered, including causes of spoilage.

VIII. Plan demonstrations: Encourage 4-H demonstration teams or demonstration teams by other groups to present a 20-minute demonstration showing the correct methods of canning or freezing foods before --

Rotary Clubs

Garden Clubs

Women's Clubs

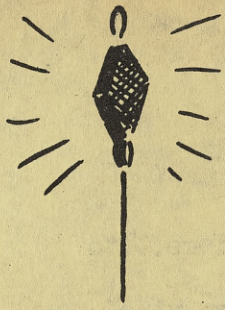
Grange

PTA meetings

Youth meetings.

IX. Use radio: Invite 4-H members and other young people who did a good job in 1944 to participate in radio programs in 1945. Such broadcasts create local interest in food preservation and often stimulate others to learn correctly.

X. Hold exhibit: End season with an exhibit showing achievements of the group. Simple window displays often prove effective.



for the RADIO SPOT ANNOUNCEMENTS

Ladies, when you can fruits and vegetables at home, do you make sure that they're fresh as a sailor's whistle?

The U. S. Department of Agriculture reminds you that it's important to can freshness...because the fresher the food, the better-looking, better-tasting canned product it makes...and the better its chances to keep. When you can freshness, you can more food value for your family, because you capture more of the valuable vitamins.

So, choose firm, ripe fruits from your garden. Or, if you buy fruit to can, see that it's in tip-top condition. And pick young, tender vegetables...and can them quickly. You've heard the joke about the man who was determined he'd can 'em fresh...he wouldn't pick his Victory garden vegetables until his wife called from the kitchen that the water was boiling. That man went a bit far, but he had the idea. The canning specialists say this: "Two hours from garden to can is a good rule to follow...to make sure you're canning freshness."

I have a red string round my finger. It's to remind me...to remind you...that bright red tomatoes are ripe on the garden vine. And when it comes to putting up garden vegetables, those tomatoes well deserve to be saved. They're the home canner's delight, and for good reasons.

First of all, tomatoes are the easiest vegetable to can at home...because tomatoes, as you know, are canned safely in a boiling water bath. You don't need a steam pressure canner for tomatoes.

Point two, tomatoes--fresh or canned are rich in vitamin C.

Point three, the tomatoes you can now, in summer, bring variety and flavor and color to meals you'll serve next winter.

And fourth, think how those tomatoes you put up at home ease the strain on blue stamps in your ration book.

Canning tomatoes--and other garden vegetables and fruits--is a war job. Home canning is one good way to conserve food. So keep on canning--and remember--tomatoes are tops.

In some parts of our country, home canners have a happy phrase for canning fruit. They say they're putting up pie timber. Right now, we're in pie timber season...and I've a message here for you, if there's surplus fruit you can save.

Cherries...berries...peaches...apples...plums (OMIT FRUITS NOT IN PROSPECT)...lots of fruits home-canned this summer will make first-rate timber for delicious pie next winter. Fruit canned now will hit the spot when other desserts besides pie are wanted... roly-poly, shortcake, pudding—and quickest and handiest of all, fruit served in its own juice.

So, home canners, don't let any good fruit go to waste. The fruit you conserve helps to make the nation's food supplies go round. Your canning puts nourishing food on your shelf...and it's yours without spending a blue ration point.

Fruits are canned at home safely in a simple boiling water bath. You don't need a steam pressure canner for them. Be sure to can only fruit at its best...fresh, ripe, and perfect. If you want up-to-date directions for canning fruit—write to the U. S. Department of Agriculture, Washington 25, D. C.

Calling all canners--calling all canners! Yes, it's the home canners of the country I'm paging. And here's your message, from the U. S. Department of Agriculture--

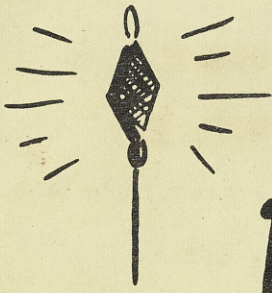
Keep on canning this summer. As the war goes forward, it's more important than ever to conserve all good food.

If you canned fruits and garden vegetables last summer, you were one of nearly 25 million home canners. That food you saved did a lot toward providing nourishing meals...and a lot to lighten the load on the nation's food supply.

For millions of families in this country, home canning is thrifty...and the food put up at home would take many a ration stamp.

So, if you have canning equipment, and fresh fruits or garden vegetables to save...keep on canning!

If you want up-to-date directions for home canning of fruits and vegetables, write to the U. S. Department of Agriculture, Washington 25, D. C.



for the RADIO

A general talk on ...
HOME FOOD PRESERVATION

Home canners...when you put up the food from your 1944 Victory Gardens, you performed a splendid service...not only for your own family, but for your country as well. You are well aware of how much the good home-canned fruit and vegetables have meant to your family these past months. I'd like to tell you how much this home food preservation has meant to the nation.

Your jars of fruits and vegetables...added to those from nearly 25 million other homes in the United States...totaled almost three and a half billion quarts. This included jams and jellies...pickles and preserves. And that home-preserved fruit has gone a long way toward feeding those of us on the home front. As a matter of fact, it has accounted for nearly half the canned vegetables and for two-thirds of the canned fruits that made up our total civilian supply of canned goods.

And that's why...in 1945...home canners are asked to give a repeat performance.

The need...this year...is even greater than it was in 1944. Right now, the supply of commercially canned fruits and vegetables available to civilians is less than at any time during the war.

There will not be enough commercially canned food to meet the civilian demand...at least not until the 1945 pack is marketed.

Even if the war in Europe is over, the demand for canned fruits and vegetables will continue to be great. The War Food Administration will continue to set aside a part of the commercial pack to meet military requirements at the Pacific front.

And that's the reason, Mrs. Home Canner, you're asked to help fill up the gap between supply and demand.

And that's the reason home canning is one of the nation's most important wartime programs on the home front in 1945.

And now...about the prospect for canning sugar and canning equipment.

First...as to sugar. Even though supplies for the country as a whole are down, the amount of sugar set aside for home canning is exactly the same as it was last year...700 thousand tons. And if home canners make sure to use all of their home canning sugar for that purpose alone, this 700,000 tons will be enough to produce a record amount of home-canned food this year.

Now...as to a pressure canner...if you don't have one, you'll be glad to know that manufacturers are authorized to turn out 630 thousand new aluminum pressure canners. That's about one-half more than were placed on the market last year. They will not be rationed. While they last, you'll be able to get them through regular retail channels. And remember, you need this steam pressure outfit for processing all vegetables except tomatoes. You can use it also as a water bath canner for fruits.

Next...about jars and lids. Chances are you'll be able to get all the jars and lids you need this year. A fair-sized stock was left over from 1944. There are no restrictions on manufacturing new ones. You'll probably find more two-piece metal lids and more zinc Mason caps on the market than you did last year.

As for jar rings...well, they'll still be made of synthetic and reclaimed rubber, but manufacturers are doing their best to improve the quality of these rings.

In about six thousand communities...freezer lockers will offer a good many families an economical way of putting up fruits and vegetables, as well as meats.

With years of successful canning experience to guide you, many of you need only to be reminded that home canning is still a wartime necessity, and you'll go ahead with your plans to put up a good supply of fruits and vegetables this summer.

For others of you, home canning is a new experience. You'll be glad to know that there are a number of places you can go for help and to learn to can efficiently.

One of these is the community canning center where you'll not only have the use of excellent canning equipment...you'll also have the help of trained supervisors...and you can band together with your neighbors to get the job done quickly.

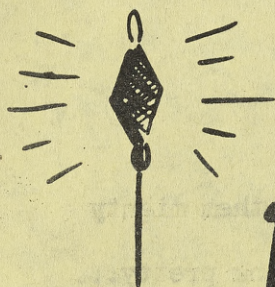
Others who will be glad to help you with your home canning problems are members of your local nutrition committee and your home demonstration agent. You'll also be able to get information from the State Agricultural College and from the United States Department of Agriculture.

And now...in closing this mobilization call to home canners...I'd like to read a statement from the President of the United States.

"As we enter a new year...the demands for our food...at home and abroad...are so great that it is essential for every man and woman to do everything to help in the huge task of getting the food produced and seeing that it is conserved and shared. Many of our favorite foods are scarce.

"To this end...I ask the people in cities, towns and villages to assist our farmers in every way possible to reach the food goals which have been set for the year.

"I ask the millions of women who have preserved food at home so that our armed services could have the fruits and vegetables they need...to carry on until the war is won."



for the RADIO

A sample script on . . .
HOW TO GET SUGAR FOR CANNING

COMMENTATOR: Here we are—in the midst of home-canning time again. Victory Gardens are most all planted, strawberries are ripening in the patch, currants are turning. Yes, the canning season is here, all right. Have you got your sugar yet? This morning we asked a neighbor of ours, Mrs. _____, to come up to the studio. Maybe you've already met Mrs. _____ and know that she's one of the good cooks and capable homemakers in our community. Mrs. _____ has already arranged with her War Price and Rationing Board for her sugar for home canning this summer, and I want her to tell you just how she did it. Do you mind, Mrs. _____?

MRS. _____: Not at all. I'm glad to help out. Canning is one of my hobbies.

COMMENTATOR: That's fine, but I'd call canning a full-time job. How many jars of fruits and berries did you put up last summer?

Mrs. _____: Must have been about 300 to 400 quarts.

COMMENTATOR: Whew! and you call that a hobby! Just a part-time recreation?

MRS. _____: Well, I have a large family—and we need that much fruit to get us through the winter. But I like to can, anyway, always have. I think it's interesting to gather beautiful fruits and berries and put them up in different ways...trying to make them look and taste as attractive when they're canned as when they're fresh.

COMMENTATOR: Can you do that?

MRS. _____: Not exactly, of course. But my family seems to like them mighty well in the winter time. They are good. And they look pretty... rows of canned peaches, cherries, raspberries—

COMMENTATOR: Well, you don't need to tell me. I've had a glimpse of the shelves in your cold room. In fact, I think you're the one who got my wife enthusiastic about canning. But now about sugar, Mrs. _____.

MRS. _____: It was easy, Mr. _____. All I did was get an application form at my ration board, fill it out and mail it back to the board.

COMMENTATOR: I see....We have to apply at the ration board for all home-canning sugar this year, instead of having a stamp in our ration books for getting part of it, like we had last year.

MRS. _____: Yes, canning sugar is a kind of extra ration, like the "B" and "C" gas coupons that are not issued to everybody, but only to the people who need more.

COMMENTATOR: That's fair enough. Extra sugar only for those who really do home canning....

MRS. _____: That's the idea.

COMMENTATOR: Now, about this application blank you got at the ration board, Mrs. _____....What did it say?

MRS. _____: Oh, it asked how many cans of fruit we canned last year and how many I planned to can this year; and how much jam and jelly we made. Just questions that would show how much sugar we need this summer.

COMMENTATOR: Well, how do they figure on the sugar? For instance, jam has to be pretty sweet, but really ripe peaches don't need much sugar at all.

MRS. _____: For the jellies and jam, they'll allow only five pounds of sugar for each person in the family.

COMMENTATOR: So, for the six people in your family, you rated 30 pounds of sugar to make spreads for the gang? Well, then, what about the canned fruit?

MRS. _____: For the canned fruit, they figure one to four.

COMMENTATOR: You mean one pound of sugar to four quarts of fruit?

MRS. _____: That's right, one pound of sugar to sweeten four quarts of canned fruit.

COMMENTATOR: And how much of that can you have—ad libitum?

Mrs. _____: I'm afraid you'll have to speak English for me. But the limit on sugar for canning and preserving is 20 pounds for each person.

COMMENTATOR: Does that include the five pounds for jellies and jams?

MRS. _____: It does. Twenty pounds is the top amount that any one person can get — and the five pounds for jams and jellies must come out of that.

COMMENTATOR: That's a pretty generous sugar allowance, though, when you consider how short the sugar supply is this year.

MRS. _____: You bet it is. But, of course, everyone won't need the whole 20 pounds. We are supposed to apply only for enough sugar to take care of what we're actually going to can.

COMMENTATOR: Well this is all good news, Mrs. _____. Now, was that all you had to do to get your canning sugar—just fill out that application answering the questions?

MRS. _____: That's all there was to it, except I had to give them spare stamp No. 13 from ration book 4.

COMMENTATOR: Did you have to give them this spare stamp No. 13 for each person in the family?

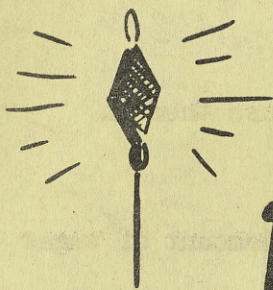
MRS. _____: Yes, for my crowd I attached six No. 13 stamps to my applications. And then the ration board sent me these coupons for the sugar, which I will give the grocer when I buy it. But, first, I must write my name and ration book number on the face of these coupons before I turn them in at the store.

COMMENTATOR: So, now, you've practically got your canning sugar in the bag. Once catch that, and with all the fruits and berries coming in, we can see that the _____ family will dine well for another winter.

Well, thank you, Mrs. _____, for coming over today and explaining how easy it is for any of us to make application for sugar to can our own fruits and berries at home.

These are the easy steps that Mrs. _____ has told us she followed in getting her sugar coupons. First, figure canning sugar needs carefully. Then, fill out an application form, which you can get from your ration board. Attach a Spare Stamp No. 13 from War Ration Book 4 for each member of the family, and send the application and the stamps back to the ration board. The board will allow coupons for your canning needs--up to 20 pounds of sugar all-told for each family member. Endorse your coupons and take them to your grocer.

Next week, we have invited Mrs. _____ to come back and talk with us again on how she plans to use her sugar allowance for home canning.



for the RADIO

A sample script on . . .
MAKING CANNING SUGAR GO FARTHER

COMMENTATOR: We've decided to discuss a mighty sweet subject today—sugar for home canning. We've all heard that 700 thousand tons of sugar have been set aside for home canners. This sounds like lots of sugar, but some homemakers have been wondering how it's going to divide up. Last week, Mrs. _____ told us how easy it is to apply to the ration board to obtain coupons for sugar to use in home canning. We've invited her to come back again this morning and tell us how she's planning to use this sugar. If you heard Mrs. _____ last week, you'll remember that there are six people in her family and she's planning on canning about 360 quarts of fruit. Golly, that's about a quart of fruit a day for your family, Mrs. _____.

MRS. _____: Lots of days it's two quarts of fruit a day. Canned fruit is one of our favorite desserts. I make pies, too, and fruit puddings. By spring—right now for instance, the shelves are practically bare.

COMMENTATOR: I can see you've got this all figured out — you know just how much canned fruit you're going to need before you start.... Do you plan ahead, too, how much of each kind of fruit you'll can?

MRS. _____: Yes, in a general way, though it depends some on how good the fruit season is.... But I do try to have a good variety, so

MRS. _____ : that we won't get tired of any one fruit and I can use them in
(Cont'd.) lots of different ways.

COMMENTATOR: To go back to the sugar, do you really put the same amount of sugar
in each can of fruit, no matter how sweet or how sour it is?

MRS. _____ : At first I did. But I soon decided I could make up some extra
sugar for the sour fruits by cutting down on the amount I put
into sweet fruits, like peaches.

COMMENTATOR: That sounds kind of hard on the peaches.

MRS. _____ : Well, it isn't at all. In fact, some of the fruits I can
without any sugar at all, or just a little bit.

COMMENTATOR: But do they keep?

MRS. _____ : Of course. Sugar doesn't help preserve canned fruit, it merely
improves the flavor and helps to keep the color.

COMMENTATOR: Without sugar they must taste terrible.

MRS. _____ : Not at all—the fruits canned without sugar are the ones that I
use for pies and puddings. When I make these I add sugar and flour
mixed together to sweeten and thicken the juice a little. And
this sugar I save up during the winter from our regular rations.
So then I have some extra to use for canning the fruits that
need a little more when they're canned.

COMMENTATOR: That's a dandy idea—the fruits for pie, you can without sugar.
What other tricks do you have for making canning sugar go farther?

MRS. _____ : Sometimes I use a light-colored, mild-flavored corn sirup.

COMMENTATOR: Instead of sugar?

MRS. _____: Instead of part of the sugar. That is, along with the sugar. For instance, if you want to use one cup of sugar, you may use only $\frac{2}{3}$ cup of sugar with $\frac{1}{3}$ cup of sirup.

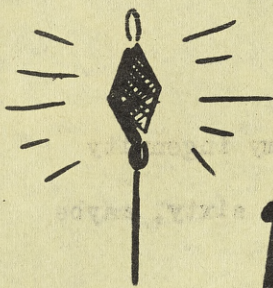
COMMENTATOR: I see, you are really replacing $\frac{1}{3}$ of the sugar with corn sirup. That's an easy rule to remember. What about using honey?

MRS. _____: Honey is all right if the flavor is all right. But of course you must be sure that you like the combination of honey and fruit, for it does taste quite different, especially if the honey has a strong flavor of its own.

COMMENTATOR: Well, provided you like it, would you use the same amount of honey as sirup—that is to replace $\frac{1}{3}$ of the sugar?

MRS. _____: Yes, that would be good to try, or even as much as a half, if you are sure of it.

COMMENTATOR: Mrs. _____, we thank you. You've made our outlook brighter and sweeter. By canning our pie and pudding fruit without sugar, we can give an extra fillip to the sour fruits, or a dash of sirup or honey. With your helpful advice, we certainly will make our canning sugar do its patriotic duty this summer.



for the RADIO

A sample script on . . . GETTING THE MOST
OUT OF THE SUGAR RATION FOR JAMS AND JELLIES

COMMENTATOR: It's a lucky day for us fellows who like something sweet to spread on our bread, for Mrs. _____ (NAME AND TITLE) is here to talk about sugar in making jams and jellies...and judging by what I hear around our house lately, there's going to be quite a demand for fruit spreads to take the place of butter this year.

MRS. _____: Yes, homemade jams and jellies help a lot when we have to spread the butter thinner than we'd like...But, of course, we're not going to be able to have all the jams and jellies some of us would like, either—

COMMENTATOR: You mean, on account of the sugar—?

MRS. _____: That's right. Sugar is shorter this year than it was last year, and each person will be allowed to use only five pounds of the canning sugar ration to make jams, jellies and pickles.

COMMENTATOR: Well — that doesn't sound like very much...but I'll bet you have some ideas for making it go farther.

MRS. _____: Yes, I do have a few...Let's take my family and see how it works out. For the six people, that makes 30 pounds of sugar we'll be able to use for jams and jellies....

COMMENTATOR: Well, if there are 2 cups of sugar in a pound...

MRS. _____: Yes.

COMMENTATOR: That's 60 cups of sugar or 60 glasses of jelly. Doesn't it take one cup of sugar to make a glass of jelly?

MRS. ____: Yes, just about. But I believe that by using my ingenuity I can get a better yield than that. Instead of sixty, maybe a hundred or more glasses.

COMMENTATOR: Whew! What kind of magic is that?

MRS. ____: Oh, just a few tricks of the trade. For instance, I'll not make much real jelly, but instead use the fruits and berries in jams and preserves.

COMMENTATOR: So you'll use more fruit and less sugar?

MRS. ____: That's right. Instead of using one cup of sugar to one cup fruit juice or crushed fruit, I'll use only $2/3$ or $3/4$ cup of sugar.

COMMENTATOR: And with more fruit, there'll be more food value, and more taste, too.

MRS. ____: Yes, I've been reading that spreads can have good values. All the minerals of the fruit are saved.

COMMENTATOR: Any vitamins?

MRS. ____: That depends on the vitamins in the fruit at the beginning and how it is cooked, and also on the way the spread is stored.

COMMENTATOR: Can you reveal the cooking secrets?

MRS. ____: Well, the chief secret is to make the cooking time as short as possible.

COMMENTATOR: You mean cook 'em fast with a hot fire?

MRS. ____: That's right, but the cook must be on the job and stir the spread continuously or the spread will stick and burn and your sugar will be wasted.

COMMENTATOR: That would be terrible. Should you put in any water with the fruit and sugar?

MRS. ____: No, most fruits and berries have juice enough of their own.

But they should be crushed before you start to cook them.

And don't try to make too much spread at one time.

COMMENTATOR: How much is too much?

MRS. ____: More than one or two quarts would be too much. And another point is to use a wide, shallow pan for the cooking.

COMMENTATOR: That would help to evaporate off the moisture faster? Something like boiling down maple sirup in vats.

MRS. ____: Yes, the more quickly the spread is made, the better jam or preserve it will be.

COMMENTATOR: Not only vitamins are saved by the quick cooking —

MRS. ____: But the color is brighter, too, and the delicate fruit flavor is kept.

COMMENTATOR: Hm—I guess too long cooking must account for those brown-colored spreads that stick in your throat.

MRS. ____: Probably. Beginners do tend to try to make too much at one time and then to use a deep, narrow kettle so that they have to boil and boil—

COMMENTATOR: —And boil, on a boiling summer day! But to get back to our sugar question, Mrs. ____, how about honey and corn sirup?

MRS. ____: I am planning on using them both to stretch my sugar supply. In preserves, you may replace 1/2 of the sugar with honey or corn sirup and get a nice product. But remember that honey has a distinctive flavor.

COMMENTATOR: What other sugar-saving tricks are in your bag?

MRS. _____: We don't need to cook the spreads quite as thick as we used to, and then they'll go a little farther. But, of course, they ought to be thick enough to stay on the bread.

COMMENTATOR: And off of the chin and the vest? Well, the problem at our place is how to preserve all the good things as they come along with only our 15 pounds of sugar for the three of us. We have strawberries, currants, gooseberries, cherries, raspberries, then there are plums and grapes coming, not to mention apples—

MRS. _____: Your wife will have to make a budget and just fill her quota of the different varieties of jellies and preserves or else—

COMMENTATOR: We'll be in a jam. But we do hate to let those berries spoil!

MRS. _____: Oh, you mustn't do that! Remember your friends—and remember, too, that you may can fruits and berries without sugar. For instance, those canned gooseberries will make delicious jam in the winter.

COMMENTATOR: What about currants?

MRS. _____: Currants—in fact, all the berries—may be put into juice and then pasteurized.

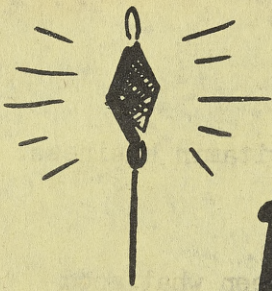
COMMENTATOR: So that when sugar accumulates in the winter you can make more jelly?

MRS. _____: That's right, just boil up one cup of your currant or gooseberry juice with $\frac{3}{4}$ cup of sugar and you'll have a glass of fresh jelly.

COMMENTATOR: And if the sugar doesn't accumulate?

MRS. _____: You can drink the juice for breakfast, sweetening it with honey. It makes a good party refreshment punch, too.

COMMENTATOR: That's fine. You've told us a lot of things in these few minutes, Mrs. _____, to help us get more jams and preserves out of the five pounds of our canning sugar ration we can use for making sweet spreads this year....If our listeners would like more information, there are three Government publications they'll find useful. They are "Home-made Jellies, Jams and Preserves," "Home Canning of Fruits and Vegetables," and "Pickle and Relish Recipes." These publications may be obtained free from the U. S. Department of Agriculture, Washington 25, D. C., or from your home demonstration agent or State Agricultural College.



for the RADIO

A Sample Script

PRESERVE WITH A PURPOSE (Good Nutrition)

ANNOUNCER: During the next few minutes, we're going to talk about home canning. We're going to talk about home canning because this year, more than ever before, home canning is a must. As our battle lines lengthen, our fighting men need more and more of our commercially-canned fruits and vegetables. We civilians must do with less commercially-canned foods as part of the price of victory. We must preserve fresh fruits and vegetables at home to keep our families strong in the winter months ahead.

But now, for just a bit, let's listen in to a couple of G.I.'s, Tom and Bill. The day is done, and Tom and Bill are sitting on their cots in the barracks. Bill has been reading a letter from home.

BILL: (SIGHING) Gee, just like old times!

TOM: Yeah?

BILL: Yeah, just like old times. Mom says they're starting to can—putting up their vitamins for next winter.

TOM: Yeah? Your Mom, too? I thought only home economics teachers like my mother talked about vitamins.

BILL: Oh, no! Every time Mom came home from a nutrition meeting—

TOM: I know....you got an education in vitamins.

BILL: Did we ever!But I guess there is something to this vitamin business. I've found that out.

TOM: Sure, there's something to this vitamin business. I've seen what good food—the right kind—can do for kids. Every summer, Mom boarded a couple of youngsters...to help out with the money, you know. And to help the kids, too.

BILL: What a break for the kids.

TOM: You said that right. Every summer, she'd bring home a couple of scrawny kids...no pep to 'em. We called 'em lazy, but Mom would say, "Just you wait until they've had some of my cooking."

BILL: I'll bet I know what that meant—plenty of milk...plenty of green vegetables...plenty of yellow vegetables...tomatoes...

TOM: Say, you do pretty well on that diet stuff, yourself—

BILL: Not bad, eh? Well, I was well trained. You see, I had to help a lot with the cooking at home.

TOM: So you had to help with the cooking? Well, I had to help with the canning. And did I squawk. But it was sort of fun after we got started.

BILL: Me, too. Mom and I put up jars and jars of tomatoes. And jars and jars of peaches. And pears. Then a bunch of the ladies in the neighborhood got together and canned green beans in a pressure canner. They even canned chicken. (SMACKING HIS LIPS) Oh, boy!

TOM: Just like home. Those kids I was talking about that Mom took in for the summer...by the middle of summer we were all having a heck of a good time. They helped us with the garden and the canning. They had pep. And they looked swell...had a sparkle in their eyes. Kind of did you good to see 'em. Mom used to send some of the stuff we canned back to their homes with 'em. Sort of hoped they'd go on eating right all winter.

BILL: Didn't that canned stuff taste good in the winter?

TOM: Did it ever! Gee!

BILL: Gee!

TOM: Wish I could hear my Mom talking...even if it was about vitamins.

BILL: Me, too...even if it was about vitamins.

PAUSE..... FADE

ANNOUNCER: (CHUCKLING) Even if it was about vitamins, eh? Well, I guess Tom and Bill, in spite of their joking about vitamins, know how lucky they are to have Moms who feed their families the right foods. And, now, to help all the other mothers who are home canning so that their families will have the right foods this winter, we have asked Mrs. _____, (TITLE) (MAY BE A MEMBER OF NUTRITION COMMITTEE, HOME DEMONSTRATION AGENT, HOME ECONOMICS TEACHER, OR OTHER LOCAL AUTHORITY) to talk to us about preserving with a purpose. Mrs. _____, just what do you mean when you say, "preserve with a purpose?"

GUEST: Well, Mr. _____ (ANNOUNCER'S NAME), when I say "preserve with a purpose," I mean to can enough fruits and vegetables now to bolster up your winter supply of vitamins. You know, for good health, we must eat plenty of the foods that give us all the vitamins and minerals our bodies need.

ANNOUNCER: Isn't there some kind of a chart or a guide, Mrs. _____, which our listeners could get to help them plan what kind of foods they should put up for their families?

GUEST: Yes, Mr. _____, there are two kinds of guides which I think a homemaker would probably find helpful. The first is the Wartime

GUEST: Food Guide, which listeners can get by writing to _____
(Cont'd.) (U.S. DEPARTMENT OF AGRICULTURE, NUTRITION COMMITTEE, STATE
AGRICULTURAL COLLEGE, OR ANY LOCAL SOURCE WHERE LEAFLET IS AVAILABLE).

This little leaflet explains the food groups in the Basic Seven and tells what they are.

ANNOUNCER: The Basic Seven...Do you mean that round chart cut up like a pie into seven pieces...with the seven kinds of food we should eat every day?

GUEST: That's right, Mr. _____. "The Wheel of Health," we call it sometimes. There's a picture of it in the leaflet I was just telling you about.

ANNOUNCER: Good. This leaflet, then, would tell us what kind of food we should eat every day. And that ought to be a pretty good guide on the kinds of foods we ought to put up for the winter. Isn't that it?

GUEST: That's it, Mr. _____. And the other leaflet I mentioned will help us figure how much of these foods we need. It even tells how many pounds or ounces of different foods people need each week, according to their age and the work they do.

ANNOUNCER: That sounds like a good point, Mrs. _____. What is the name of this leaflet, and where can our listeners get it?

GUEST: It is called "Family Food Plans for Good Nutrition," and you can get it by writing to the U.S. Department of Agriculture, Wash. 25, D. C.

ANNOUNCER: Thank you, Mrs. _____. I hope all of our listeners will put up some of their family food needs at home this year, so that there will be less demand for the commercially-canned foods which our armed forces need. I also hope that all home preservers will take your message to heart and "preserve with a purpose." The good results of canning will be many times greater if we plan for family health as we can.

Use local success stories-

IN THE PRESS
ON THE AIR



Here are some good examples!

Hearing that Mrs. W. H. Chiltern, of Dunklin County, Mo., had been ordered to the hospital and would be gone for several weeks, Mrs. Glen Eubanks, a neighboring farm wife, remembered some vegetables in Mrs. Chiltern's garden that might be going to waste. "Why, several weeks from now, some of those vegetables won't be fit to can," she told Mrs. David Curry, another neighbor. "They ought to be picked and put in cans right now! I know the Chilterns will need them this winter and, anyway, with so many folks needing food these days, it's a shame for any to go to waste."

"Then, maybe we could can it for them," Mrs. Curry volunteered. "We could use our pressure cookers, and the children could help us pick. Working together, it wouldn't take long to do the job."

And it didn't take long, because Mrs. Eubanks and her two children and Mrs. Curry and her three, went to work immediately. As soon as their home chores were finished next morning, they went over to the Chiltern's. They worked until two pressure cookers were loaded by 10 o'clock a.m., and they kept right on until 4 o'clock in the afternoon. By 4:00, they had finished a big collection of canned food, and were ready to go home and start cooking supper for their husbands.

In Pope County, Ark., Garvin Macomb, a young man 19 years old, canned 200 quarts of fruit and vegetables in an emergency one summer. Garvin wasn't in the habit of spending his time in the kitchen canning. He did it in a pinch when his mother was called away from home at canning time to take care of a sick relative. He kept seeing string beans and tomatoes going to waste in the garden, and fruit spoiling on the ground, so he decided to can them. He said he did it "with a pressure canner and the advice of an aunt who lived a piece down the road."

In Carroll County, Ohio, Mrs. Ervin Borland works the night shift in a war plant near her home. During the day, she keeps house for her family of eight and manages to can around 1700 quarts of vegetables, fruits, and meat a year. She says she used to buy canned food but since 1942, she has worked out a nutrition budget, and now sets yearly canning goals so she can serve balanced meals throughout the year. Each year she checks her budget and makes changes based on her previous year's experience. For example, she cans less of foods where there were left-overs, and more of foods which "ran out" before the end of the season. Her young daughter Ellen, 16, helps her with the canning.

Mrs. Wilbur Huntzinger, of Grant County, Ind., helps her husband in the field, milks the cows, tends the garden, cares for 400 chickens; and also keeps house for her husband and four small children. For awhile, she worked nights in a canning factory near her home, because there was a labor shortage at the factory and a food loss was threatened unless workers volunteered. In connection with her home duties, she cans around 700 quarts of food a year, mostly with a pressure canner. In one year, she usually cans about 130 quarts of tomatoes and tomato juice, 300 quarts of green and yellow vegetables, 200 quarts of fruit and fruit juices, 20 quarts of kraut, and 40 quarts of meat. In addition, she stores about twenty bushels of potatoes, 10 bushels of carrots, five of fruit, and four of dried peas.

Mrs. Henrietta Ruffin, of Wilson County, N. C., is a firm believer in pressure cooker canning. She cans as many as 800 quarts of food a year, and thinks "there's nothing like that pressure canner." Until she got her pressure canner, she says she used to lose as much as a third of her canned goods every year from spoilage. Now, she loses none. She says she's learned that a good family garden, and a planned canning program, keep a family well-fed, improve health, and keep down home expenses. At her house, she makes canning a continuous process. She cans week by week as new varieties of food come in season, and gradually fills her shelves. The Ruffins have six children at home and one in the army.

Mrs. Mort Hawkins, of Briscoe County, Texas, supplements her canning with plenty of food storage and drying. Each year, she works out her entire canning budget as nearly as possible to fit a nutrition plan. Of about 500 quarts, she cans a variety that includes green string beans, black-eyed peas, corn, pinto beans, lambs quarter greens, tomatoes and tomato puree, vegetable soup mixture, pickles and relish, fruits, and other items. She and her sister, who lives nearby, can together and divide up their garden produce so each has enough of everything in the right proportion. Besides what she cans every year, Mrs. Hawkins stores about 30 pounds of dried beans, dries okra and corn, makes hominy, and puts about 25 pounds of cabbage into kraut.

A penny a quart was all it cost Mrs. Harvey Workman, of Lawrence, Kan., to put up 500 quarts of fruit and vegetables in one year. The Workmans raise a large garden every year, and also raise melons which they trade for fruit that can't be grown on their farm. Since Mrs. Workman could swap some things for other things to can, and since she already had plenty of jars and other canning equipment, her cash outlay for sugar and other items amounted to only \$5 in a year--or one cent a quart.

Mrs. Holbert Shirley, of Floyd, N. M., has proof that a little garden seed can go a long way. She bought \$3 worth of assorted seed, planted it, and then tended her garden. The result was that she had enough vegetables to serve her family of nine during spring, summer, and fall, and enough left over to can 454 quarts and to store and dry 100 pounds, plus some to sell. Her garden contained 30 different kinds of vegetables. She also traded enough fresh vegetables for fruit to can 85 quarts. Since she had no canned food at all on hand at the beginning of the year, 454 quarts was quite a record for one season.

Mrs. Joe Gabriella, of Boulder County, Colo., wants to be ready to feed her four soldier sons when they come home from the army. Last year, she canned more than 1500 quarts of food and stored more than 1000 pounds of root vegetables. The Gabriellas operate a 13-acre farm.



for the PRESS

An announcement of . . .
GENERAL CANNING CONFERENCE

High ration point values on canned foods and greater need for canned supplies to feed military forces in both Europe and the Pacific give added importance to the _____ (COUNTY, CITY, OR TOWN) conference on food preservation which will open in _____ (PLACE) on _____ (DATE).

"The national food situation indicates that at least as many gardens and as much home canning will be needed in 1945 as in 1944," says _____ (LOCAL AUTHORITY). "Last year nearly 25 million households put up an estimated $3\frac{1}{2}$ billion quarts of food, which accounted for nearly half the total civilian supply of canned vegetables and two-thirds of the total civilian supply of canned fruits. This year with more commercially-canned goods going to the armed forces, home canned food will be needed even more than last year."

The meeting on _____ (DATE) will bring together local canning representatives, nutritionists and garden leaders from _____ (COUNTY, CITY, OR TOWN) to plan for this year's home food preservation activities. This conference is being called by _____ (ORGANIZATIONS) and the program will include discussions by _____ (NAMES AND TITLES). Subjects to be discussed will be:



for the PRESS

An announcement of ...
FOOD PRESERVATION FAIR

A war-fair, streamlined as today, old-fashioned as yesterday, where homemakers may exhibit their prowess in preserved foods from Victory Gardens, has just been announced by the _____ county and _____ city nutrition committees. Sponsored jointly by the two committees, this unique fair will be held in _____ (PLACE), _____ (DATE), _____ (TIME).

All homemakers of _____ and _____ county are invited to submit their choicest samples of the preserving art to compete for the _____ (NUMBER) grand prizes which will be awarded by judges of the committee.

Any type or variety of preserved food will be eligible for the exhibits and the prizes, from those preserved by the most old-fashioned methods of salting and drying to the latest in canning and quick freezing. Only requisite necessary is that products must be carefully labeled with the name of the product and the name and address of the maker. They must also be received at the _____ (PLACE) by _____ (DATE) to give opportunity for judging and placing them in exhibits.

"Here's a chance for every homemaker of our community to capitalize on the fruits of her labors and to join in this unique demonstration showing how patriotic homes have met the food emergency," said _____ (LOCAL AUTHORITY).

In addition to the individual entries, other harvest exhibits will be arranged by leading artists and nutritionists in the county.



for the PRESS

Sample release on . . .
COMMUNITY CANNING CENTER

_____ (NUMBER OF CANS OF FRUITS AND VEGETABLES PROCESSED IN LOCAL COMMUNITY CANNING CENTER) cans of fruits and vegetables went on the shelves of _____ (NUMBER OF FAMILIES PATRONIZING CANNING CENTER) families in _____ (NAME OF PLACE) last season without the use of a single blue stamp, according to Mrs. _____ (NAME OF LOCAL AUTHORITY). An average of _____ (AVERAGE NUMBER) cans a family was processed. Mrs. _____'s (NAME OF LOCAL AUTHORITY) records show that the families who grew their own fruits and vegetables and then canned them at the community canning plant provided for practically all their canned food needs for the year through their own efforts.

The community canning plant which made these results possible was planned, built and equipped in _____ (DATE) under the supervision of _____ (NAME OF SPONSOR) with funds provided by _____ (NAME OF LOCAL DONORS). The plant was operated by trained home demonstration club members.

(INSERT DESCRIPTION OF LOCAL COMMUNITY CANNING CENTER, ITS FACILITIES AND ACTIVITIES).

"The canning plant enabled families without pressure canners or other facilities for canning at home to make the most of garden surplus for winter consumption," said _____ (LOCAL AUTHORITY), "thus saving expense, providing for better family diets, and sparing commercial supplies for city families without gardens."



for the PRESS

An announcement of ...
PRESSURE CANNER CLINICS

Pressure canner clinics for _____ (CITY OR AREA) housewives will begin in two weeks under the supervision of the _____ (NAME OF SPONSORING ORGANIZATION), it is announced by _____ (LOCAL AUTHORITY).

The schedule of the clinics extends over the next three months and covers every section of the state. Pressure canners will be thoroughly tested with equipment developed at _____ (STATE COLLEGE OR OTHER LOCAL SOURCE), with special attention given to safety valves and pressure gauges. Housewives are asked to clean the canners carefully before they are brought to the clinics.

By checking the accuracy of the pressure gauges and the safety valves, and the general condition of the canners, the home economists hope to assist housewives materially in doing the very best job of food conservation this summer, when hundreds of thousands of jars and cans of fresh vegetables and fruits are to be preserved.

At these clinics local people will be trained to test the canners so that in the future housewives may have this special service available in their own neighborhoods. Hardware dealers will cooperate in the clinics and help arrange for such future service in their areas.

PHOTOGRAPHS of home food preservation shown in miniature on the other side of this sheet are available, free on request, to editors and writers for reproduction in newspapers and magazines. The pictures listed at the left were taken at the U. S. Department of Agriculture's Home Economics laboratories at the Beltsville Research Center. Order by number from—

OFFICE OF INFORMATION,
U. S. DEPARTMENT OF AGRICULTURE,
Washington 25, D. C.

Additional pictures of community canning centers, particularly those having semi-commercial equipment, will be available early in the 1945 canning season.



Prints showing home preservation of food available from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

1. Steaming corn to be dried.
2. Preparing corn for drying.
3. Canned beans ready for storage.
4. Taking cans of beans from pressure canner.
5. Blanching beans to be canned.
6. Preparing beans for canning.
7. Preparing beans for canning.
8. Taking can of tomatoes from water bath.
9. Putting top on can of tomatoes.
10. Filling can with tomatoes.
11. Dipping tomatoes in boiling water.
12. Peeling tomatoes for canning.
13. Sorting tomatoes for canning.
14. Taking jars of brined beans from boiling water bath.
15. Packing brined beans.
16. Covering crock of beans to be brined.
17. Adding salt to beans to be brined.
18. Steaming beans to be brined.
19. Washing beans to be brined.
20. Taking snap beans to be dried from steamer.
21. Preparing snap beans for drying.
22. Sealing bags of dried corn.
23. Testing corn for dryness.
24. Running tray of corn into drier.
25. Preparing corn for drying.
26. Reconstituting dried snap beans.
27. Snap beans dried in cabinet drier.
28. Drying snap beans in cabinet drier.
29. Dried beans before and after being reconstituted and cooked.
30. Drying carrots in top-of-stove drier.
31. Drying carrots in oven drier.
32. Preparing peaches for drying.
33. Peeling and sulphuring peaches in solution.
34. Preparing peaches for sulphuring.
35. Sulphuring peaches with sulphur fumes.
36. Running trays of peaches into drier.
37. Packing dried peaches.
38. Sorting and shelling peas for freezing.
39. Washing peas to be frozen.
40. Blanching peas to be frozen.
41. Cooling blanched peas to be frozen.
42. Packaging peas prepared for freezing.
43. Sealing containers of peas for freezing.
44. Storing sealed containers of peas for freezing in refrigerator.
45. Placing filled cartons of peas in freezer.
46. Cooking frozen peas.
47. Hulling and sorting strawberries for freezing.
48. Washing hulled strawberries for freezing.
49. Adding sugar to strawberries to be frozen.
50. Adding sugar to strawberries to be frozen.
51. Packaging strawberries for freezing.
52. Pouring sugar sirup on strawberries to be frozen.
53. Adding sirup to strawberries to be frozen.
54. Sealing cartons of strawberries to be frozen.
55. Storing cartons of strawberries to be frozen in refrigerator.
56. Placing sealed cartons of sugared strawberries in freezer.
57. Serving shortcake made with frozen berries.

News stories that clicked last year

THOROUGH HEATING IS KEY TO CANNING SUCCESS

By Ruth Magee, Home Management Supervisor, Farm Security Administration

pickled beets. It is not a safe method to use for canning the non-acid vegetables — such as peas, beans, and corn.

Certain bacteria found on non-acid vegetables go into a "spore" form during part of their life cycle; and these spores are very difficult to kill. Even processing non-acid vegetables for several hours at the boiling point may not destroy spores.

But scientific studies have shown that the spore forms of bacteria will be killed when heated to 240 or 250 degrees F. for a reasonable length of time. To get these higher temperatures, homemakers must use a steam pressure canner. Such a canner holds the pressure, so the temperature of boiling

Farm Wives Support War Effort; Plan for Full Shelves of Food

Indiana farm women have gone to war, records of the farm security administration show, and they're doing more than they've ever done before to help win the battle of food supply.

Many women are working in the field as representatives carrying on what is regarded as the farm work after the chickens, keeping the family farm wives in the year canned 2,780,000 and vegetables and of meats, jams, jellies a total of 3,383,171 quarts, home-canned food average of 400 quarts a year they plan

FARM WIFE SAVES \$1000 IN YEAR IN CANNING PROGRAM

Packs 130 Quarts of Food Per Person for Family of Seven.

Special to the Post-Dispatch.
LAMAR, Mo., May 30. — Mrs. Troy Fanning of Lamar has found it pays to "live at home." She has saved better than \$1000 last year by growing her own food and for the winter

CANNING AND STORAGE AWARDS TO BE ANNOUNCED SATURDAY

The Macoupin County FSA committee, which consists of James R. Nixon, Carlinville; Chester E. Weller, Carlinville; and Howard W. Day, Virden, will announce the winners of the canning and storage awards for Farm Security Administration families at a meeting which will be held at the Farm Bureau building Saturday afternoon, December 16, at 2:00 p. m.

The awards are to be given on the basis of the amount canned and stored and extra consideration is given to those who have a variety of foods. The Macoupin County FSA families have always done very well on this home production of food, but this year many have done extra well.

About 40 per cent of the average town families income is spent for food while about 8.5 per cent of the farm families cash income is spent for food according to the account book summaries in this county. Also from the account book summaries the average value of home produced food was \$553. These farm families do not

represent the average. She canned a lot of food. In addition, she lived off the fruits raised on the growing season. They supplemented their vegetables with pork, chicken, and home raising. The record book shows per member spent for food. Most of this was similar items raised on the home. This record shows when the administration is to the point of their own economic and home savings show spending their income for food; could be saved by canning the FSA families and an

"Heroine Of The Land"



Mrs. Darter cans, too. Down cellar she has hundreds of jars of food, and all produced right there at home. Apricots, peaches, dates, grapes, plums, quinces, beans, squash, okra, beets, beans, tomatoes, lamb, several kinds of poultry meats, and numerous other items.

NOBODY was more surprised than Mrs. Mae Darter when the Farm Security Administration cited her for "outstanding work in wartime food production."

But nobody who has visited the Darter home, two miles southeast of Casa Grande, and heard the cackling hens, the gobbling turkeys, the quacking ducks, the squealing

This year she reduced the chicken flock a bit to raise a flock of turkeys. There are many, many Pekin and Mallard ducks, and even a lone goose. There are guinea hens.

Son Cedric is primarily responsible for the dairy end of the Darter family enterprise. He

Use Fresh Vegetables for Storage Locker Freezing
 Only freshly gathered vegetables should be used for quick freezing and storage in locker plants. As soon as some of their picked, they generally are allowed to stand. Freshly quick-frozen, vitamin loss can be found.

Canning, Storage Awards Listed

Winners Are Named In Macoupin County.

Carlinville, Dec. 17.—Macoupin county E.S.A. committee, consists of James Nixon, Carlinville, Howard Day of Virville, Chester Weller, Carlinville, presented the following storage awards at a farm bureau meeting.

CANNING CHAMP OF GEORGIA NOT WORRIED ABOUT RATION CARDS OR FOOD SHORTAGES

Mrs. S. B. Duncan Of Franklin County Canned Total Of 16,441 Cans Of Vegetables And Fruits During Year.

Point rationing holds no terror for Mrs. S. B. Duncan, who has won the title as the champion home canner in Georgia. Last year she canned a total of 16,441 cans of vegetables and fruits.

COMMUNITY CANNING PROJECT GETS ATTENTION AT BERNALILLO CENTER

With enrollment in the Community Canning Center at Bernalillo steadily increasing, the kitchen there will be open three days a week, it was announced Saturday by project leaders. Twenty-one men and women are now enrolled in the center.



Big Savings Met By Meat Canning

Mobile County Farm Women Preserve Products Under Guidance Of FSA

"Dollar stretchers" would be a good nickname for housewives on the 130 small farms in Mobile County being operated with financing and technical guidance furnished by the Farm Security Administration.

Each year, with the help of Miss Louise Prine, FSA home management supervisor, these women develop some new way to grow and preserve on the farm what they formerly had to spend cash for at the store. During 1940 big savings were made with meat canning.

Mrs. Shirley Cans 354 Quarts Food From Garden Planted from \$3 Worth of Seed

Proving that growing a garden is worthwhile is evidenced by the progress made by the Shirley family of Floyd, New Mexico, when they purchased garden seed cooperatively from the Farm Security Administration.

From the three dollar garden seed package, vegetables have been produced in sufficient quantities from 2 to 3 acres to can 354 quarts of food, sale of \$12 worth of beans, trading vegetables for fruit which was sufficient to can 85 quarts and an adequate supply of fresh vegetables. The family will also be able to store and dry approxi-

ately 100 to 200 pounds for winter use and an additional 100 quarts will be canned. Another noteworthy factor is that 30 different varieties of vegetables were available in the garden.

At the beginning of the year no canned products were on hand and this family has shown wonderful progress in supplying an adequate winter supply of food for the family of nine. Approximately 360 quarts of vegetables (excluding tomatoes) is the minimum the family should use to protect the health of the family.

FRANKLIN 4-H CLUB GIRL NAMED CANNING CHAMPION FOR 1940

May Kingsley of Franklin, 4-H club canning champion for 1940, will be Connecticut's canning club delegate to the national 4-H club congress at Chicago, Nov. 29 to Dec. 7. The announcement was made Saturday by the University of Connecticut extension service.

Approximately 400 girls in the eight Connecticut counties have been enrolled this year in 4-H club projects and final decision made Saturday. Winners met at the county Farm Bureau for a checkup on the projects. There were two Class A for girls 15 and over, with at least one year's canning experience, and three years of experience for girls under 15 years.



MISS MAY KINGSLEY
1940 Canning Champion

Catherine Beckwith of Franklin, also a member of the Junior Home-owners club, who will take part in the contest.



MOTION PICTURE FILMS

Canning the Victory Crop. 2 reels, 16 mm., sound, kodachrome. Time, 20 minutes.
U.S.D.A. adaptation of the film originally produced by Good Housekeeping Institute.

Saving the Garden Crop. 1 reel, 16 mm. and 35 mm., sound, running time 13 minutes.

These films may be borrowed through the U.S.D.A. film depositories in States (listed below), or by writing to Motion Picture Service, Office of Information, United States Department of Agriculture, Washington 25, D. C.

FILM DEPOSITORIES

ALA.	Extension Service, Ala. Polytechnic Institute, Auburn.	COLO.	Bureau of Visual Instruction, Univ. of Colo., Boulder. Ext. Service, Colo. State College of Agriculture, Ft. Collins.
ALASKA	Ext. Service, Univ. of Alaska, College.	CONN.	Audio-Visual Aids Center, Univ. of Conn., Storrs.
ARIZONA . . .	Ext. Service, Univ. of Arizona, Tucson.	DEL.	Ext. Service, Univ. of Delaware, Newark.
ARK.	Dept. of Public Relations, Ark. State Teachers' College, Conway. Ext. Service, 524 Post Office Building, Little Rock.	FLA.	Dept. of Visual Instruction, General Ext. Div., Univ. of Fla., Gainesville.
CALIF.	Ext. Div., Univ. of Calif., Berkeley. (Serves northern Calif.) Ext. Div., Univ. of Calif., 405 Hilgard Ave., Los Angeles. (Serves southern Calif.) Y.M.C.A., 251 Turk Street, San Francisco.	GA.	Div. of General Extension, Univ. System of Ga., 223 Walton Street, N.W., Atlanta. Agricultural Ext. Service, Univ. System of Ga., Athens.
		IDAHO	Ext. Service, College of Agri., Univ. of Idaho, Boise.

ILL.	Visual Aids Service, Univ. of Ill., Champaign. Ext. Service, College of Agri., Urbana. Y.M.C.A., 19 S. LaSalle St., Chicago.	NEV.	Agri. Ext. Service, of Nev., Reno.
IND.	Bureau of Visual Instruction, Ext. Div., Ind. Univ., Bloomington. Ext. Service, Purdue Univ., LaFayette.	N. H.	Ext. Service, Univ. of N. H., Durham.
IOWA	Visual Instruction Service, Iowa State College, Ames.	N. J.	N. J. State Museum, State House Annex, Trenton Ext. Service, State College of Agri., New Brunswick.
KANS.	Bureau of Visual Instruction, Univ. Ext. Div., Univ. of Kansas, Lawrence. Ext. Service, Kansas State College, Manhattan.	N. M.	Museum of New Mexico, Santa Fe. Ext. Service, A&M College, State College.
KY.	Dept. of Visual Aids, Univ. of Ky., Lexington.	N. Y.	Ext. Service, College of Agri., Ithaca. Y.M.C.A., 347 Madison Ave., N. Y.
LA.	Ext. Service, La. State Univ., Baton Rouge	N. C.	Bureau of Visual Instruction, Univ. of N.C., Chapel Hill. Ext. Service, State College Station, Raleigh.
MD.	Ext. Service, Univ. of Md., College Park.	N. D.	Dept. of Info., Agri. College, Fargo.
MASS.	Ext. Service, College of Agri., Amherst.	Ohio	Ext. Service, College of Agric., Columbus.
MICH.	Ext. Service, Univ. of Michigan, Ann Arbor. Agricultural Ext. Service, Mich. State College, East Lansing.	OKLA.	Ext. Service, A&M College, Stillwater.
MINN.	Ext. Service, Univ. of Minn., St. Paul.	OREGON.	Dept. of Visual Instruction, Oregon Agri. College, Corvallis.
MISS.	Director of Ext., Miss. State College, State College.	PA.	PWC Film Service, Pa. College for Women, Pittsburgh.
MO.	Univ. Ext., Univ. of Mo., Columbia.	PUERTO RICO.	Ext. Service, Univ. of Puerto Rico, Rio Piedras.
MONT.	Ext. Service, Mont. A&M College, Bozeman.	R. I.	Ext. Service, R.I. State College, Kingston.
Nebr.	Univ. Ext. Div., Univ. of Nebr., Lincoln.	S. C.	Ext. Div., Univ. of S.C., Columbia. Ext. Service, Clemson Agri. College, Clemson, S.C.

S.D.	Ext. Div., Univ. of S. D., Vermillion Ext. Service, S. D. State College of Agri., Brookings.	VA.	Audio-Visual Education, State Board of Education, Richmond.
TENN.	Div., of Univ. Extension, Univ. of Tenn., Knoxville.	WASH.	Ext. Service, State College of Wash., Pullman. Central Wash. College of Education, Ellensburg.
TEXAS	Visual Instruction Bureau, Univ. of Texas, Austin. Ext. Service, A&M College of Texas, College Station. Y.M.C.A., Dallas, Texas.	W. Va.	The Library, Univ. of W. Va., Morgantown.
UTAH	Ext. Div., State College of Agri., Logan	WIS.	Bureau of Visual Instruction, Univ. of Wisconsin, Madison.
VT.	Robert Hull Fleming Museum, Univ. of Vt., Burlington.	WYO.	Cooperative Film Library, Univ. of Wyo., Laramie.

FILMS FROM THE STATES

Home Canning. 1 reel, 16mm, silent (sound on track will be added), color. Time, 45 minutes. Produced by School of Home Economics, University of Washington. Distributed by Campus Studios, University of Washington, Seattle, but borrower pays transportation and insurance costs. Available for use outside State, but requests within the State of Washington have priority.

Canning at Home. 1 reel, 16mm, sound, color. Time, 26 minutes. Prepared by the Extension Service of the New York State College of Agriculture and Home Economics with the cooperation of the New York State War Council. No rental charge within New York State. Permission will be given for use outside State. For synopsis and application blank, write to New York State College of Home Economics, Cornell University, Ithaca, New York.

Can All You Can. 1 reel, 16mm, sound projector. Time, 26 minutes. Producer, Richard J. Reynolds. Free use limited to the State of North Carolina, but copies can be purchased by out-of-State groups. Direct inquiries to the office of the agricultural editor, State College Station, Raleigh, North Carolina.

SLIDE FILMS (BLACK AND WHITE)

Canning Vegetables -- Steam Pressure Way. 32 frames. (Ready about June 1)

Canning Fruits and Tomatoes. 49 frames. (Ready about June 1)

Canning Chicken. 45 frames.

Canning Meat. 40 frames.

Prepared by the Bureau of Human Nutrition and Home Economics.
Copies will be available for inspection in the offices of the agricultural extension editor, State College of Agriculture. Or for information about purchasing these films at nominal cost, write to the Extension Service, U. S. Department of Agriculture, Washington 25, D. C.

A POSTER

"OF COURSE I CAN!"



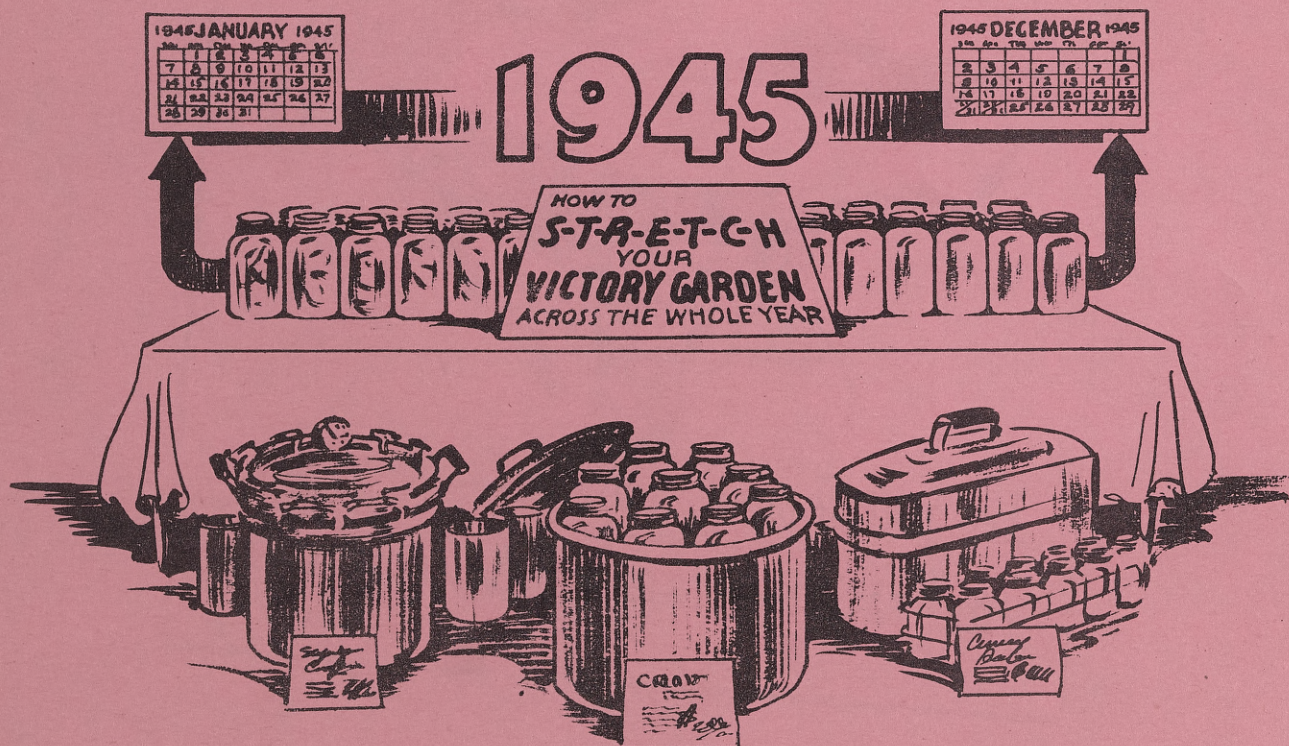
I'm patriotic as can be —
And ration points won't worry me!"

This poster, in full color, size 18-3/8 x 26 inches, is available from U. S. Department of Agriculture, Washington 25, D. C. Many grocery stores will receive copies direct.

A WINDOW DISPLAY SUGGESTION

You may be able to persuade local grocers or hardware merchants to put home canning displays in their windows. The sketch below is intended as a suggestion -- you may have better ideas to suggest to your merchants, or they may wish to devise either simpler or more lavish displays. The grocer may appreciate your assistance in rounding up some nice looking canned fruits and vegetables, or in aiding him in other ways.

An eye-catching display could be built around the poster shown on the back of this sheet.



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"There will be need for all the home canning that can be done successfully this year. By preserving food at home, American women can do much to relieve war-time labor, processing, and transportation problems, and, at the same time, assure a better fed nation."

Marion Jones

War Food Administrator

"The homemaker's best assurance that her family will have a varied and healthful diet next winter is to can at home the fresh foods grown on our farms and in our gardens this summer. Military needs for commercially-canned foods are greater than ever before, and there will be less canned goods available in stores for civilians."

Claude R. Wickard

Secretary of Agriculture

"The American housewife who answers the appeal to can and preserve food for family use will be helping to relieve the demand for scarce rationed foods. She will add just that much to the supply of processed foods, so there will be more for all to share."

Chuter B. Byles

OPA Administrator